

Stay Safe and Healthy

Here are some ways you can help your doctor care for you and your family:

Talk with your doctor.

1. Ask your doctor about your health. Learn how to keep yourself and your children healthy.
2. Ask questions about anything you don't understand. Your doctor or nurse won't mind. Be sure you know how to follow directions they give you.
3. Answer all your doctor's questions. Tell your doctor all you can about your health, any medicines you take, and how you feel--things like where you feel pain, how bad it is and how long you have felt it.
4. If tests are done, ask about the results and what they mean.
5. If you must have surgery, get to know the doctor who will do it. Ask questions about it and how it will help you. Be sure to ask the doctor about problems that could come up.
6. Tell your surgeon and all doctors caring for you and your children about health problems and medicines. Carry a list to help you.
7. At times, you may want to go to another doctor for a "second opinion." You have the right to do this. Your doctor may tell you to do this.

Taking Medicine

1. If your doctor orders medicine for you or your child, make sure you know what it is for. Ask how often to take it, how much to take, and what side effects to tell the doctor about. Ask how to store your medicine.
2. When you get your medicine from the drug store, make sure it is the same as what your doctor ordered for you.
3. Ask your doctor, nurse, or pharmacist what to do if you miss a dose of medicine.
4. Take medicine exactly as the doctor said you should, for as long as you should.
5. Ask if pills may be crushed and if it can be taken with food or with other pills. Measure liquid medicine with care. Ask your doctor, nurse, or pharmacist for help learning how, if you are not sure.
6. If a medicine makes you or your child ill, call your doctor right away.
7. Tell your doctor or nurse about anything that causes you to itch, causes a rash, or makes you short of breath. You may have an allergy that could cause problems when you take medicines.
8. Never use another person's medicine, even if you think the medicines are the same as yours.

9. Never give your medicine to another person.
10. Never take medicine from a bottle with no label.
11. Keep medicines away from children. Put child safety locks on cabinet doors where any cleaning supplies, medicines, or chemicals are stored.
12. Discard old and unused medicine properly. Contact your local health department for information.

Measuring: (how to get approximately equal amounts)

1 teaspoon	=	5 ml or 5 cc		
1 tablespoon	=	15 ml or 15 cc	=	1/2 fluid ounce
1 cup	=	237 ml or 237 cc	=	8 fluid ounces
1 quart	=	960 ml or 960 cc	=	32 fluid ounces
1 fluid ounce	=	30 ml or 30cc		

Taking temperature: (how to read the thermometer in two units of measure)

F° (Fahrenheit)		C° (centigrade or Celsius)		F° (Fahrenheit)		C° (centigrade or Celsius)
97°	=	36.1°		102°	=	38.9°
98°	=	36.7°		103°	=	39.4°
99°	=	37.2°		104°	=	40.0°
100°	=	37.8°		105°	=	40.6°
101°	=	38.3°				

Child Health Exams

Children should go to their doctor for checkups as they grow. Checkups are needed, even if they are not sick. The doctor will give needed shots, check hearing, vision and the child's growth. This table shows when a child should go to the doctor for checkups.

Age in months										Age in years										
1	2	4	6	9	12	15	18	24	30	3	4	5	6	8	10	12	14	16	18	20
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Important information

Doctor's Name: _____ Clinic phone: (____) _____

Poison Control: 1-800-815-8855 or 1-800-222-1222 (national)